



INSTRUCTION GUIDE

# Microbiome Explorer<sup>™</sup>

Essentials



We're happy you're here!  
At Microba, we expect better –  
better for you and better for your  
health. We're with you as you take  
the positive steps towards clearer  
insights into your microbiome.

For questions or further  
information on what  
happens next, visit our  
support page or call us  
on **1300 974 621**.



# What to know two weeks ahead of taking your sample

## **Continue your usual routine**

Keep your regular exercise, diet, and medications unless instructed differently by your healthcare provider.

## **What kind of sample to provide**

Take the sample from a normal bowel movement that reflects how things usually are for you.

## **If you menstruate**

Avoid collecting your sample during your period or within three days afterward.

## **If you're on medication**

Please note that antibiotics, antimicrobials and other medications can impact test results. Please refer to our FAQs at the back of this booklet for more information, or consult your healthcare provider.





Before beginning your test, please check this kit is addressed to you and contains all listed items. If any kit items are missing or damaged, please contact Microba customer service at [hello@microba.com](mailto:hello@microba.com) or on 1300 974 621.

## Make sure you have all of the below items included in your Microbiome Explorer™ kit

The below items are included in your sampling kit:

- 1 Instruction booklet
- 2 Swab
- 3 Day of collection sticker
- 4 Pouch A
- 5 Return paid envelope



# 48 hour Preparation

## When receiving kit



- Ensure the kit is addressed to you. Your sample is identified by the QR code on the collection swab base, the top of the collection pot, and your completed Day of Collection stickers.
- Unpack your kit and check you have all the components.
- Read and understand all instructions.

## Two days before taking your sample



- Avoid drinking alcohol.
- Avoid taking NSAIDs (e.g. ibuprofen, aspirin) unless directed by a healthcare professional.



## Day of sample

- Be ready to take your sample from your first bowel movement of the day.
- Allow 30 minutes to complete the sampling process.
- For women, avoid collecting during or three days after menstruation.
- Ensure you have read and understood all instructions. If you need help, call Customer Services at 1300 974 621.

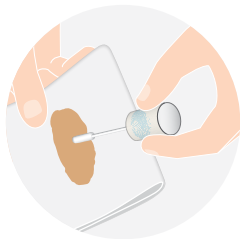
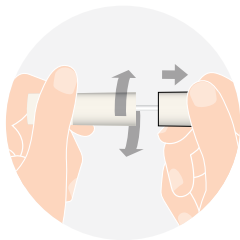


## STEP 1

### Collect your swab sample

After you finish your bowel movement, wipe as you normally would and keep the piece of freshly soiled toilet paper.

Open the swab by twisting and pulling with a firm grip, making sure the tip doesn't touch any other surface. Gently slide the swab tip across the soiled area of the toilet paper to pick up a thin smear with no lumps.







Lightly touch the end of the swab to pick up a small smear – only a small discolouration is needed.

Avoid providing too much or too little sample on the swab, or our lab may not be able to process your sample.



Too much  
sample



Too little  
sample

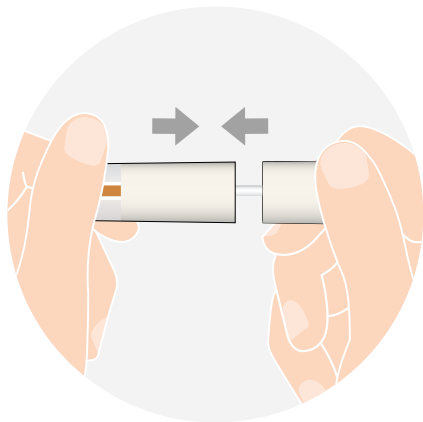


## STEP 2

### Close your swab sample

Place the swab in the tube and click to close. The swab should be placed immediately back in the tube without touching any other surfaces. Firmly close the tube until you hear it click and set aside.

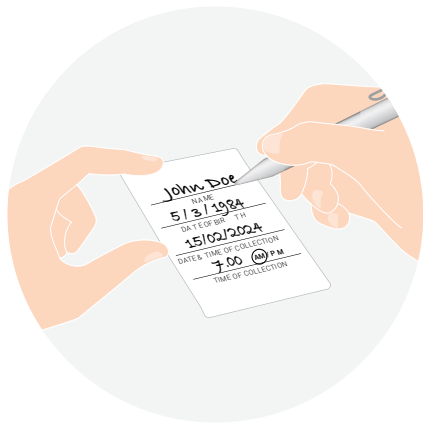
Contact our team immediately if the swab has touched another surface or been contaminated with toilet water



### STEP 3

## Label your sample with the day of collection sticker

Use the collection stickers provided to label the swab and the pot with name, date of birth, time (AM or PM), date of collection and stool type.



#### STEP 4

Place the collection swab in the pouch provided

Place the swab in the pouch A provided and press the pouch closed to seal. Ensure the pouch is properly sealed.

Ensure the pouch is properly sealed. If you are not able to post your sample immediately, please store it at room temperature and not in the fridge.



## STEP 5

### Send your sample

You will need to return your sample the same day the sample has been taken.

Place the sealed pouch A in the return paid envelope provided and seal it securely. Return to our laboratory by taking the package to your local post office or posting in any yellow express Australia Post box.



# Frequently Asked Questions

## **Should I discontinue probiotics or supplements before sampling?**

We recommend maintaining your normal supplement and probiotic regime for two weeks prior to sampling, unless you have been advised to discontinue them by your healthcare professional. Always consult with your healthcare professional before making any changes to prescribed probiotics or supplements and do not discontinue any medications without their advice. Please collect a sample from a bowel movement that is typical for you.

## **Will taking antibiotics and antimicrobial supplements prior to sampling change my results?**

Antibiotics and antimicrobial supplements can disrupt the microorganisms in your gut microbiome. We recommend waiting four weeks or longer after ceasing your supplement or antibiotic course before taking your sample.

## **Can I provide a sample with visible blood present?**

Yes, you can provide a sample with visible blood although its presence in a faecal sample has a higher possibility of failing the initial assessment for sample processing. If possible, wait until you are able to provide a sample without active bleeding.



### Should I stick to my regular diet and lifestyle habits before sampling?

If you would like to see what your 'normal' gut microbiome looks like, stick to your normal habits for at least two weeks prior to sampling. The microorganisms inhabiting your gut are quite stable over time (in the absence of any major disruptions) and it is only their abundance that will change based on your diet and other habits.

### Can I provide a liquid stool sample?

Yes, you can still send a liquid stool sample for analysis. However, a liquid stool sample may impact result accuracy which will be noted on your report.

### Can I provide a sample if I have been taking nonsteroidal anti-inflammatory drugs (NSAIDs)?

It is better to take a sample when you have not been taking NSAIDs in the few days prior. You can still send a sample if you have been taking NSAIDs, but this will impact the level of calprotectin reported. Please advise your healthcare professional so this can be considered in the report interpretation.

For answers on more Frequently Asked Questions visit our website [www.microba.com](http://www.microba.com) or contact the Microba Customer Service team on 1300 974 621 for more information.





**Microbiome Explorer is only available for purchase through a healthcare professional.**

The faecal occult blood, polymerase chain reaction (PCR) and enzyme-linked immunosorbent assays (ELISA) used in Microbiome Explorer are diagnostic and are approved for clinical use. The faeces pH assay used in Microbiome Explorer is for research use, only and not to be used as a basis for diagnosis. The metagenomic assays used in Microbiome Explorer are to determine the microbiome populations and associated functional pathways in a faecal sample. The application is for research use only and is not to be used as a basis for diagnosis. Learn more about the journey we are on to validate this gold-standard technology for clinical diagnosis and application at [microba.com](https://microba.com).

**REF** MEK-001